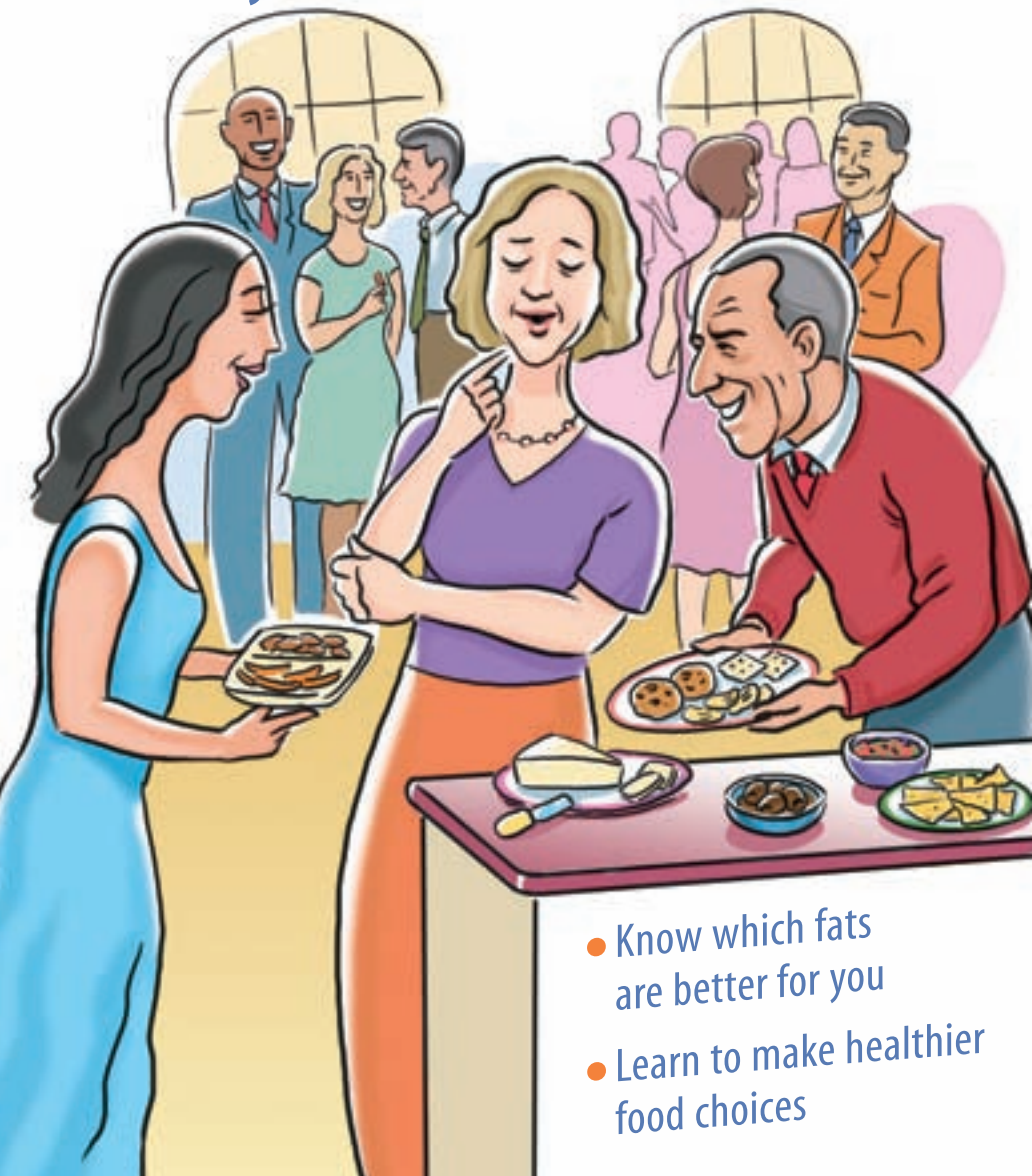


Choosing Fats

They're Not All the Same



- Know which fats are better for you
- Learn to make healthier food choices

Get the Facts on Fats

The fat you eat is an energy source for your body. It also helps you absorb certain vitamins. You may think all fats are the same, but they're not. There are a few types, and some are better for your health than others.

Fats to Include

Certain fats are naturally liquid at room temperature. These are **unsaturated fats**. (Or, to be technical, polyunsaturated and monounsaturated.) They're found in vegetable oils, nuts, seeds, and fish. A moderate amount can be good for your heart and blood vessels.



Fat to Limit

Saturated fat is naturally solid at room temperature. It's found mainly in foods from animal sources. That means it's in meat, poultry, butter, cheese, and ice cream. It's also found in palm and coconut oils. Too much of this type of fat can be harmful to your heart.



Fat to Avoid

Trans fat is formed when unsaturated fats (liquid oils) are changed to be solid at room temperature. Trans fat is found in packaged foods such as crackers, cookies, and pies. It's also found in deep-fried foods, stick margarines, and shortening. And there's a little bit in some meats. Even a small amount of trans fat can harm your heart health.



This booklet is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

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Why Change the Fats You Eat?

Your body does need some fat. But too much of certain fats can make health problems like heart disease get worse. Even if you take medication to control a heart condition, you'll be better off if you watch the fat. Talk to your healthcare provider about whether you need to reduce total fat, or only some types.

Reasons to Watch Fat Intake

- **To reduce heart attack and stroke risk.** Too much saturated and trans fats can harm your blood vessels. This makes you prone to a heart attack or stroke.
- **To reduce cancer risk.** Too much fat, especially animal fat, increases the risk of certain types of cancer.
- **To help you lose weight.** Fat is a concentrated form of calories (food energy). So you can cut lots of calories by cutting a small amount of fat. All types of fats have the same number of calories.



What About Cholesterol?

Cholesterol is a waxy substance. Your body makes it to help keep cells healthy. But too much is a problem. “Cholesterol” can mean:

- **Dietary cholesterol.** You absorb some cholesterol from egg yolks, organ meats, and fatty animal foods. Many high-cholesterol foods are the same foods that are high in saturated fat. So if you cut saturated fat, you'll also cut cholesterol.
- **Blood cholesterol.** Testing the level of cholesterol in your blood helps show your risk of heart disease and stroke. Eating too much saturated and trans fats can raise blood cholesterol.

You Can Start Today

To change your habits, you need to know how much of *each type* of fat you should eat, and how much you eat now. Then you can learn to make healthier choices. Take it a step at a time. But make an effort to begin today.

Set Your Limits

Work with your healthcare provider to set daily goals for:

- Total fat _____ grams
- Saturated fat _____ grams
- Dietary cholesterol _____ mg

Know What You're Eating

To reach your goals, you need to know more about your food. This means learning to:

- Understand food labels (page 5).
- Find out which foods are high in the types of fats you want to limit (page 8).
- Track your daily fat intake (page 15).

Eat Fewer High Fat Foods

To help you succeed, learn how to:

- Shop wisely (page 6).
- Replace foods high in saturated and trans fats with healthier choices (page 10).
- Cook with less fat (page 11).
- Eat well when you go out (page 12).
- Stay on track (page 13).



What Can Packaging Tell You?

Food labels can tell you how much total fat and saturated fat you're getting. Even the claims on the front of the box, like "low fat," have exact meanings. With practice, reading a label is easy. So get a box or package out of your cupboard and compare the label to the one here.

Make sure to check the **serving size**. This is the basis for all the values on the label. If you eat more than 2 cookies, you'll get more fat than is listed here.

Total fat is shown in grams (g), a unit of weight. How much of your total fat goal for the day is this?

Check ingredients for the words **hydrogenated** or **partially hydrogenated**. They mean trans fat.

Nutrition Facts	
Serving size 2 cookies (26g/0.9 oz) Servings per container 6	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrates 16g	5%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	
INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR, PARTIALLY HYDROGENATED SOYBEAN OIL...	

Calories from fat should be no more than 35% of your total daily calories.

Look for foods with less than 1g saturated fat per serving.

Look for foods with 5% daily value or less of saturated fat per serving.

Trans fat. There is no accepted amount or daily value for trans fat.

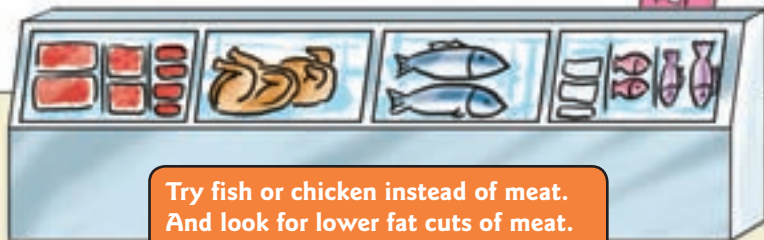
What's That Really Mean?

Claims on product packages can be confusing. By law:

- **Fat free** means less than 0.5g fat per serving.
- **No trans fats** means less than 0.5g trans fat per serving.
- **Low saturated fat** means 1g saturated fat or less per serving.
- **Low fat** means a total of 3g or less fat per serving.
- **Reduced fat** means at least 25% less fat than the regular version. (This may still be a lot, so check the label!)
- **Healthy** and **natural** have no nutritional meaning.

Tips for Slimming Down Your Groceries

Most people shop by habit. Does this sound like you? If so, it's time to turn off the automatic pilot! Avoid impulse buys: Make a shopping list before you go to the store. But don't worry, the new habits you're learning will soon become second nature.



Try fish or chicken instead of meat.
And look for lower fat cuts of meat.



Beans, tofu,
or nuts can
make a good
alternative
to meat.




NUTS & DRY BEANS



Start your shopping
in the fruit and
vegetable aisles.
You'll find lots of
delicious low fat
foods here.





Try lower fat dairy products. For example, if you normally buy whole milk, try reduced fat instead.


The snack food section is also the trans fat section. Check the ingredients for hydrogenated oils. All deep-fried snacks, like chips, have trans fat.

Before you put something in your basket, check the label for saturated fat and total fat.

Wise Choices Start With Facts

Knowing the fat content of a product helps you choose whether or not to buy it. Use this chart to help you shop and plan meals. Exact amounts of fat can vary by brand, so always check the label, too. This chart lists healthier choices in each group first. And remember, fruit and vegetables are naturally low in fat. Feel free to fill up with these.

	Foods	Saturated Fat	Unsaturated Fat
Fats and Oils (1 tablespoon)	Vegetable oils (canola, olive, safflower, etc.)	1–2g	11–12g
	Butter	7.5g	4g
	Vegetable shortening	3g	7g
Meat and Fish (3.5 oz, cooked, unless otherwise noted)	Catfish, baked	1.5g	5.5g
	Tofu (½ cup)	1g	4.5g
	Tuna, canned in water	1g	2g
	Salmon, Atlantic, grilled	2.5g	9g
	Eggs, boiled (2)	3g	5.5g
	Chicken, roasted, without skin	2g	4.5g
	Bacon (3 slices), pan fried	3.5g	5.5g
	Chicken, roasted, with skin	4g	8.5g
	Ham, canned, roasted	5g	9g
	Pork shoulder, roasted	7g	10g
	Beef, ground, lean, broiled	7.5g	9g
	Lamb chop, broiled	10g	11g

 Indicates the food contains at least 0.5g of trans fat per serving.
Note: Numbers are rounded to the nearest 0.5g.




	Foods	Saturated Fat	Unsaturated Fat
Dairy Products	Cheese, parmesan (1 T)	1g	0.5g
	Milk, reduced fat (1 cup)	1.5g	1g
	Sour cream (1 T)	1.5g	1g
	Yogurt, frozen (½ cup)	2.5g	1.5g
	Cheese, ricotta, low fat (½ cup)	6g	3g
	Cheese, cheddar (1 oz)	6g	3g
	Ice cream (½ cup)	>7.5g	>4g
Fast Foods	Tostada, bean and cheese	5.5g	4g
	Chicken, fried, breast and wing	8g	19g
	Hamburger, large	12g	8.5g
Snacks	Pretzels (1 oz)	<0.5g	0.5g
	Cookie, oatmeal (1)	1g	2g
	Nuts, mixed, oil roasted (1 oz)	2.5g	13g
	Shortbread (1 piece)	2.5g	1g
	Tortilla chips (1 oz)	1.5g	5.5g
	Potato chips (1 oz)	3g	6.5g

Note: > means “greater than”
 < means “less than”

What Can You Choose Instead?

There are lots of foods that can give you the taste or the texture you crave—without overloading you with fat! Here are a few switches you can make. Try making one change a day. Work up to making one change per meal. Can you think of more alternatives for the foods you often eat?

	If You Often Eat:	Try Instead:	
Breakfast	• Sweet roll or donut	• Raisin toast with jam	
	• Bacon	• Turkey bacon	
	• Butter	• Soft margarine	
	• Cream cheese	• Cottage cheese or farmer's cheese	
	• Fried eggs	• A poached or soft-boiled egg, scrambled egg whites, or egg substitute	
	• Whole milk	• Fat free or reduced fat milk	
Lunch	• Chips or French fries	• Pretzels or a small handful of nuts	
	• Cream-based dips	• Salsa or avocado dip	
	• Creamy potato salad or cole slaw	• Raw vegetables, or a salad with vinaigrette	
	• Cheese sandwich	• Tuna sandwich with lettuce and tomato	
	• Salami sandwich	• Turkey sandwich with spicy mustard and peppers	
	• Chocolate bar	• Low fat hot cocoa or chocolate milk	

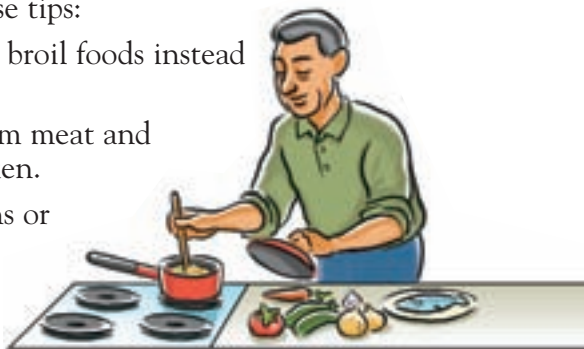
If You Often Eat:	Try Instead:
• Butter, lard, or stick margarine (for cooking)	• Soft margarine or any type of vegetable oil
• Ground beef	• Ground turkey or 96-99% lean ground beef
• Sour cream	• Plain low fat or fat free yogurt, or fat free sour cream
• Blue cheese dressing	• Vinaigrette
• Fried chicken or fish	• Baked chicken or fish
• Pasta with meat sauce	• Pasta with marinara sauce
• Cheese sauce	• Olive oil, herbs, and lemon
• Ice cream	• Frozen yogurt or “light” ice cream



Low Fat Cooking

To cut even more fat, try these tips:

- Bake, steam, microwave, or broil foods instead of frying.
- Before cooking, trim fat from meat and remove the skin from chicken.
- For frying, use nonstick pans or cooking spray.
- Chill soups and stews. Skim off the fat before reheating and serving.
- Brown meat under the broiler.
- Try using half as much cheese as the recipe calls for. Or less!



What About Eating Out?

Eating out used to be for special occasions. Not any more! These days, people eat more and more meals at restaurants. It's convenient, especially if you don't cook. But it's also a way to load up on fats you don't want. So you'll need to learn a few tips. These can help you eat out and still stay inside your fat budget.

Eating Out

Don't give up going out! Instead, keep the three types of fats in mind (page 2). And do your best to make lower fat choices:

- Order foods that are broiled or grilled.
- Order fish or chicken, not red meat.
- Ask that food be prepared with less fat, or with oil instead of butter.
- Ask for salads without bacon, eggs, or cheese. Ask for dressing on the side, and use only a small amount.
- Avoid dishes with creamy sauces.
- Share dessert, or skip it and have a piece of fruit when you get home.



Tips for Parties and Holidays

Special occasions can be a big temptation. But you can eat wisely and still have a good time. You may find out that lots of your friends and family are watching what they eat, too. Try these tips:

- For a potluck, bring a low fat dish you like. Take small tastes of other foods.
- Sit or stand away from a buffet or a place where snacks have been set out.
- At traditional holiday meals, eat smaller portions of high fat foods—and have fun!

Staying On Track

Now that you've made these changes in your eating habits, how do you stick with them? It can be easy to fall back into old patterns. But by thinking positive and getting some help, you can do it. Here are a few tips for staying on track.

Making Changes Stick

- **Get support.** This is key. Explain to friends and family why you need to change your ways. (It doesn't hurt to remind yourself, too!)
- **Make changes that fit your lifestyle.** Otherwise, they probably won't stick. So if you can't live without ice cream, just have it once in a while.
- **Set realistic goals.** Which steps will you want to take first? Write down how you will begin to reduce fat. Inspire yourself by keeping track of your progress.
- **Aim for a lifetime of mostly good choices.** You don't have to be perfect. Just focus on finding ways to eat better most of the time.
- **Reward yourself for sticking with it.** What do you consider a treat—a ball game, a movie, a new outfit? When you know you've earned a treat, you'll enjoy it all the more.



Smart Snacking

If you want a snack, get out one portion and put the rest away. Try snacking on:

- Low fat yogurt
- A piece of fruit and some unsalted nuts
- Cherry tomatoes (or any vegetable you like) and guacamole or hummus (chickpea dip)
- A bowl of cereal with fat free or reduced fat milk



What Goes into a Healthy Diet?

There's more to eating well than cutting fat. Each of the food groups listed here can benefit your health. And most of these foods are naturally low fat. Others can be found in low fat versions. If you fill up on these, there's less room for foods that aren't as good for you!

The Food Groups

- **Fruits and vegetables** are great natural sources of fiber and vitamins. These are good foods to build a meal around.
- **Whole grains and grain products** are rich in fiber and nutrients. Unrefined foods like whole-wheat bread and brown rice give you more of the good stuff.
- **Nuts, seeds, and dry beans** provide protein, vitamins, minerals, fiber and unsaturated fats.
- **Dairy products** are great sources of calcium and protein. Look for low fat or fat free dairy products.
- **Poultry, fish, eggs, and lean meats** are full of protein, iron, and other minerals.



How much is enough?

When your healthcare provider says “two portions of lean meat per day,” that may mean less than you think. One portion of meat is 3 ounces, about the size of a regular deck of cards. A portion of nuts is an ounce, about a small palmful. Make sure you understand what a portion size is before planning your meals.

What's on the Menu Today?

Make copies of this menu to plan your meals. This can help you find ways to control fat. Look at the total in each column. If any of these is higher than your goal, look for high numbers. What can you switch or cut?

Meals	Unsaturated Fats (g)	Saturated Fat (g)	Trans Fat	Total Fat (g)
Breakfast				
			Y/N	
			Y/N	
			Y/N	
			Y/N	
			Y/N	
Lunch				
			Y/N	
			Y/N	
			Y/N	
			Y/N	
			Y/N	
Dinner				
			Y/N	
			Y/N	
			Y/N	
			Y/N	
			Y/N	
Snacks				
			Y/N	
			Y/N	
			Y/N	
			Y/N	
			Y/N	
Total			Y/N	

Feeling Good

Choosing fats carefully can improve your health. It can also help you feel better. It's a great thing you can do for yourself and for your loved ones.

My Daily Goals

Total fat _____ grams

Saturated fat _____ grams

Cholesterol _____ mg



**Also available
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